

Beauty Secrets for Girls

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Thank you for reading this work.

:: Disclaimer

I'm sharing this for info and education only
— not as medical or health advice. Always
do your own research and talk to a licensed
doctor or healthcare professional before
making decisions about your health.

Table of Contents

Beauty Secrets for Girls	1
:: Disclaimer	2
:: Dedication	6
:: Thank You	8
:: Intro	10
:: Why Exercise	14
:: Skin Care	29
:: Nail Care	42
:: Foot Care	48
:: Hair Care	53
:: Beauty Secrets	62
:: What Foods Are Healthy for the Body?	72
:: A Brief Overview of Vitamins & Minerals	81
:: Increase Your Confidence & Self-Esteem	90
:: Final Thoughts	98

:: Dedication

This book is for every person who wants to know more about being beautifully healthy from the inside out in the simplest way. I believe as you read this book, it will help provoke positive thoughts and prolific actions that you can take immediately to improve your well-being.

:: Thank You

Thank you to my family for encouraging me, being there for me, and helping me to realize, at such a young age, how passionate I am about writing. Lastly, I want to thank all the authors of the many books I have read to date; I would not be the person I am today without the wonderful gift of books.

:: Intro

1st Edition Intro (2004)

"Beauty Secrets for Girls" is a book from a pre-teen's perspective regarding beauty secrets for women and girls. It is about teaching females how to take care of themselves. If you are interested in learning about health and beauty, then this book is for you.

This book will give you tips and facts that will help you be the healthiest you! You will learn how to take care of your skin, nails, and feet; how to develop the habit of exercising; how to build up your self-confidence and self-esteem; what to eat so you stay fit; and the importance of vitamins. I enjoyed writing this book, and I hope you enjoy reading this book.

2nd Edition Intro (2016)

This book is written from my perspective, at the age of 11, on holistic beauty and health. This book offers simple information about health and

beauty for all who identify as female and find the information-laden in this book relevant to themselves or others close to them. If you are interested in learning about being beautifully healthy from the inside out, then this book is for you. This book will give you tips and facts on body care, fitness, nutrition, internal health (mind, body, spirit), and more. You will learn how to take care of your body from the inside out because internal health is just as important as external health.

I enjoyed revisiting this book, and I hope that you, too, enjoy reading this book. As you read, I encourage you to jot down notes along the way or use the highlighter (if available on the format you are reading this book) to mark the parts of this book that speak the most to you so you can reference them again after you finish the book. At the end of every chapter is a section called “EOC Activity” which stands for “End of Chapter Activity”; this section is here to facilitate an

environment for you to actively make positive changes and take notes along your journey through this book.

3rd Edition Intro (2020)

Here we are again almost two decades later, and I am happy to say, writing and producing these works for you is more exciting than ever.

Please enjoy this updated version of "Beauty Secrets for Girls"; it was written just for you.

:: Why Exercise

Why do our bodies need exercise? Well, there are many answers to this question, and there is no one correct answer. Not only does your body look better when you exercise, but your body *feels* better when you exercise.

Exercise mitigates stress levels, helps balance hormones, detoxifies your skin, keeps your heart healthy, makes your body look better, clears your mind, enables you to sleep better, and much more. There are *so* many positive benefits to exercising. Exercise also positively provides a way to keep our emotional, mental, and spiritual well-being healthy and balanced.

If you love to eat, exercise provides a way for you to eat more of the pleasurable foods that you enjoy so dearly if you do not have the fastest metabolism. I often meet a lot of people who tell me the reason they exercise is so they can eat more or because they eat so much; this is perfectly fine, but exercising does so much more

for you aside from helping you maintain your weight and burn calories.

So, if exercising is so advantageous for your internal and external body and provides these benefits I listed above (plus some), then why don't more people engage in this practice?

:: Time

One of the most frequent excuses I hear from people is, “I wish I had time to work out” or “I’m a single mom and just don’t have time to work out” or “With my full-time job, I don’t see where I could fit in time to exercise”; these are all *excuses*. Even the busiest person can find at least a few minutes each day to take care of their body and be active. It is straightforward to organize your life in a way that incorporates physical activity throughout the day. Here are some examples of how you can implement more physical activity into your lifestyle:

:: Tip 1 Take the stairs wherever possible.

:: Tip 2 If you drive, park farther away from the entrance of your destination. If you do not drive, encourage your driver to park farther away from the entrance of your destination.

:: Tip 3 Do jumping jacks, sit-ups, pushups, etc. on commercial breaks when you are watching television.

:: Tip 4 Walk with your partner, family, siblings, or friends for leisure instead of on the phone.

:: Tip 5 Walk on your breaks during work or school.

:: Tip 6 If you have stairs in your home, go up and down your stairs several times each day. If you are looking for time to exercise, the first place to look for extra time is with everyday activities (e.g., social media, cell phones, TV,

video games, etc.); if you start here, I guarantee you will find some time to exercise. Remember, it is simple to incorporate physical activity while you are engaging in entertainment.

I see exercise as something I do to take care of myself; I exercise because I value my body and well-being. The more you value yourself, the better you will take care of your body. If you are currently not exercising at all right now, push yourself to *get in at least 10 minutes of physical activity five days a week*; you can increase this time on a daily or weekly basis. The goal is to start with *something* because even the smallest amount of time can make the most significant difference. After a while, you will notice that you feel better and that it is easier to find time to get in physical activity. Once you start to feel and see the results that come about from being consistently active, you will begin to develop the healthy habit of *staying* physically active; this

will inevitably enhance your life in every way. Try it, and you will understand what I mean.

If you are active now or have previously been active, you probably already have an idea of how beneficial physical activity can be for your life in multiple areas. When you first start working out, it may seem hard, painful, and uncomfortable, but the feeling of consistently being physically active is so worth the *temporary* struggle!

:: Environment

Some people get motivated to work out when they have a lot of other people around them. If this sounds like you, then join a gym, attend some fitness classes, or start your own fitness group. If you are more on the more introverted side, or simply enjoy working out solo, then utilize the great outdoors, smaller gyms, personal one-on-one training, or at-home workouts. You have many options to reach your fitness goals;

figure out what works best for you and get started.

:: Weightlifting

I decided to join a gym when I was fourteen years old (many gyms now allow even younger people to join if an adult accompanies them), and it has remained one of the best life decisions I have ever made. I will admit that I was often intimidated by strength training equipment (the free weights area where males mainly work out), but over time I realized the importance of resistance training, and when I did, there was no turning back. Resistance training not only enhances your body definition, but it also helps your body to become stronger. You can *change* your physique by incorporating resistance training into your exercise routine.

Strength and resistance training do not have to be complicated or daunting endeavors. You can simply watch videos and do research on how to

approach different exercises. Usually, exercises get simpler after you perform them and try them out a couple times. If you happen to be a part of a gym, then you can ask personal trainers for assistance with different exercises and equipment, and they *usually* will be happy to assist you (after all, it is their job). Many online clips and videos show how to perform specific exercises if you are ever unsure about a particular technique or muscle group. **When it comes to fitness, don't let ignorance or inexperience prevent you from elevating your health.**

If you have never performed resistance and strength training, and you want to start doing it, then start by incorporating strength exercises 2-3 times a week; you can always build and add more days from here. Ensure that you track your progress to note how your body responds.

:: Entertainment Watchers

If you are like many, then you may consciously or subconsciously be aware of how engaging in entertainment can often prompt you to want to snack on foods, even if you are not hungry (my life story). I often immediately wish to snack on something as soon as a movie starts. However, I am here to say that it is important to be aware of *what* you eat and *when* you eat. If you must snack during movies, try balancing the snacks you eat with some nutritional options as well (e.g., air-popped popcorn with no added ingredients, grilled chicken tenders, healthy tortilla chips, and homemade guacamole dip). Of course, there will be times where you simply pig out, but every time you eat does not have to be a “pig-out” session; *moderation is key*. Ultimately, an admirable goal to have is to be a *conscious* eater. When you eat, focus your attention on this one task; by doing this, you will be able to monitor how your body responds to what you eat more adequately and possibly eat even less than you would if you were mindlessly eating. What you

eat and how much you eat either benefits you or does not benefit you; if you consistently overeat, or eat the wrong types of foods, then exercise most likely will not bring you the most optimal results. Team up quality exercise with a quality diet. A good rule to incorporate is as follows: **For every 1 hour of television = DO 15 minutes of physical activity**

:: Losing Weight

If you are trying to lose weight, then paying careful attention to your diet is going to be the determinant of reaching this outcome. Most people think that how much you exercise is the single predictor of how much weight you lose but losing weight and how your body looks are often determined by about 80-90 percent of your diet; exercise is just the icing on the cake. I utilize exercise to keep my body healthy and robust, *not* for maintaining my weight, but everyone's body is different. Exercise can certainly help you

maintain the weight that you want to stay at (if this is one of your goals), but the diet aspect is much more critical. Mastering the habit of exercise can be simple compared to mastering your diet. Diet is something that you must pay more attention to since most people eat more often than they work out; we feed our bodies throughout the day, which means that we must be consistently more cognizant of what we are ingesting into our bodies. It takes consistent discipline to ensure our diets are on point. If you are trying to lose weight, then first look at your diet. You can often shed many pounds or inches by merely changing your diet and by also being more aware of what you regularly put into your bod. I know one woman who lost over 50 pounds solely by changing her diet; she did not work out a single *time* during the process. However, exercise is still essential.

To expedite the weight loss process, adding in an exercise regimen, in addition to a

disciplined and healthy diet, will be of great benefit to you.

:: EOC (End of Chapter) Activity

How can you incorporate more physical activity into your lifestyle today? How do you currently eat? How many calories do you usually intake each day (counting calories isn't necessary, but it is a good idea to get a feel of how many calories you should intake to reach or maintain your health goals)?

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:: Skin Care

Tip: *Always wash your hands and make sure they are clean before touching your face.*

:: Hydrate

The main thing I do to take care of my skin is to drink a lot of water. I usually drink a minimum of half my weight in ounces of water each day.

Drinking water cleanses out the body, keeps the skin moisturized, and keeps the body well hydrated and energized. If you are active, it is consequential to intake more than half of your weight in water.

:: Sunscreen

When you're in the sun, it is a good idea to utilize sunscreen--independent of your skin tone--to ensure that you prevent any sun damage from occurring.

:: Face Wash

Always use lukewarm or cool water when you wash your face; using hot water strips away the natural oils from your face. Even young females need natural oils to keep their skin balanced and beautiful. A good, all-natural mask can help clean your pores, absorb oils, and give your skin a beautiful, radiant glow.

:: Sugar

Eat sugar and sweets in moderation. Doing this is beneficial for your skin and helps ensure the optimal function of your entire body.

:: Choosing the Right Skin Products

There are a lot of different products for the skin, but not all of these products will be right for you and your skin. Sometimes it will take more time to find the right skin product but be patient.

When you go to the store to buy a skin product, make sure you check the expiration date and

follow the directions carefully to get the best results of the skincare product.

:: Sleep

Each person has different sleep requirements that are unique to their body, but a reasonable baseline requirement falls between the range of 6-10 hours of sleep each night. Make it a habit to listen to your body each day to determine the amount of sleep that is best for you. When you get the right amount of sleep for your body, you will ensure that your skin repairs and heals itself properly, functions properly, and stays healthy. Sleeping also helps your body to perform at its best.

:: Skin Types

Everyone has different skin types (e.g., normal, sensitive, dry, combination, etc.). Your skin type will help determine the steps that you need to take to ensure you care for your skin correctly. If

you are struggling with any severe skin issues, then consult a doctor or dermatologist. You can also look at your diet to make improvements; often, our bodies (e.g., especially our skin) let us know what changes we need to make by how it responds to the foods we eat.

Tip: *If you have dry skin, try using Cerave cream, Cetaphil cream, coconut oil, or olive oil.*

:: Makeup

If you consistently wear makeup, it can dry your skin out and cause flare-ups if you do not remove it properly or use the wrong kind of makeup products for your skin. Always remove your makeup before going to bed by washing your face, using a makeup removal wipe, or whatever works best for you in removing your makeup. Try to use more natural makeup products for your skin. Also, if you are recovering from a breakout or dealing with any type of skin issue, it is a good

idea to take a break from all makeup to give your skin time to heal properly.

:: Baths

Another way to moisturize and take good care of your skin is by taking regular baths. Use different oils like:

- Coconut Oil
- Jojoba Oil
- Sweet Almond Oil
- Olive Oil
- Lavender, Peppermint, & Lemongrass

These oils are all excellent to mix into your bath. There are many other oils to use as well. If you want a certain bodily effect, then research which oil is best for you and your needs.

:: Showers

After every shower you take, unless your soap does not dry your skin out, it is a good practice to moisturize your entire body. Often, water strips the moisture out of our skin. It is your job to add that moisture back to your skin.

:: EOC Activity

If you are currently having any issues with your skin, this is an excellent time to start logging what you are presently ingesting and what you are putting on your skin to help you determine how to eliminate the issues you are experiencing.

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

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:: Takeaways & Action Steps

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:: Nail Care

Who all loves having well-groomed finger and toenails? I do. If you can afford it and have a desire to, then a good practice is to get a manicure and pedicure every 2-4 weeks by a reputable nail salon. You can also give yourself quality manicures and pedicures and get the same results--if not better than a professional salon.

Grooming your nails every 2-4 weeks will keep your finger and toenails clean, healthy, and attractive. File your nails with a slight taper to keep your nails strong. If you are going to be executing your own manicures and pedicures, then here is a list of items that are essentials to your personal nail kit:

- Nail Clippers
- Nail File
- Cuticle Stick
- Cuticle Oil
- Nail Buffer
- Hand Crème

- Polish Remover
- Your favorite nail polish colors + topcoat

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:: Takeaways & Action Steps

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:: Foot Care

It is important to treat your feet well because you are often on your feet. Make it a habit to moisturize your feet and get a pedicure (professionally or non-professionally) every 2-4 weeks. If you take good care of your feet, then your feet will take good care of you.

If you wear heels often, then make sure you wear quality heels that support your feet well enough. The consequences of not taking care of your feet could result in bunions, calluses, corns, etc.

Which brings me to my final point: always wear the right size shoe that is most comfortable for *you*; you will thank yourself in the end.

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:: Takeaways & Action Steps

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:: Hair Care

In this chapter, I'm going to talk briefly about how to take care of your hair.

:: Shampooing

Keeping your hair clean is one of the main reasons to shampoo your hair, but you must also ensure that you find the right shampoo. For example, if you have problems with a dry scalp or dandruff, then you want to be sure to utilize a shampoo that is good for that specific issue. Depending on your hair type will determine how often you need to shampoo your hair. Some people need to wash their hair daily while others may not need to wash their hair for a couple of weeks at a time.

Tip: *Use apple cider vinegar (1-part apple cider vinegar to 3 parts water) to clean your hair of dirt and oil. Leave the apple cider vinegar on your hair overnight--with a shower cap--for the*

best effects. Using apple cider vinegar on your hair keeps your hair naturally shiny and healthy.

:: Conditioning

Keeping your hair conditioned helps keep your hair beautifully healthy and moisturized. Some people co-wash their hair with only conditioner instead of using shampoo at all; this is a reliable method, which I have tried myself. There are three main things that conditioner does for your hair:

- It moisturizes your hair
- Helps decrease breakage
- It adds shine to your hair
- It causes your hair to be less tangled

When you condition your hair, massage your scalp thoroughly. Massaging your scalp initiates the flow of blood and oxygen to the roots of your hair, which essentially helps your hair stay healthy and grow.

Tip: *Start conditioning your hair from the scalp of your head to the bottom/ends of your hair. Many people believe that just conditioning the hair is the key to having moisturized hair, but the key is having the moisture disseminate from the scalp to the hair. If your scalp is **truly** moisturized, then your hair will be moisturized as well.*

:: Dry Naturally

I know we can be so fond of those lovely blow dryers, and sometimes we need to use them to produce the style that we are trying to achieve. Furthermore, sometimes we just need our hair dry like, RIGHT NOW. However, letting your hair dry naturally will prevent your hair from drying out and developing unnecessary hair damage. Let your hair dry in the sun even!

:: Hair Types

Everyone's hair is different, but there is a hair system that covers most hair types ranging from 1 to 4C. Depending on your hair type will determine how to take care of your hair best. For example, if you have Level 4 hair, then you may have dryer and more delicate hair type that can get knotted and tangled more easily than other hair types like level 1 and level 2 hair.

:: General Tips for Level 3-4 Hair

1. Moderate brushing, combing, and detangling will keep your hair from getting knots. Finger detangling is the best type of *consistent* detangling to do for this hair type vs. brushing and combing.
2. Co-wash more than you shampoo. Wash your hair with conditioner more than shampoo to keep your hair moisturized.
3. Oil your scalp and hair at least once a week with a light oil (e.g., coconut oil).

:: General Tips for Level 1-2 Hair

Most likely, your hair does not get as dry as level 3-4 hair does. In fact, due to your hair type, your scalp may produce a lot of oils, which may require you to wash your hair daily or several times a week. Since you must wash your hair frequently, it is critical to find a shampoo that is not too harsh on your hair and scalp. Sample different shampoos until you find the right one. Let your hair dry naturally to keep it healthy, free of heat damage, and to enhance your natural hair pattern.

:: EOC Activity

In what areas would you like to improve your hair (e.g., shine, thickness, breakage, growth)? Jot them down. If you are currently trying to find the best shampoo and conditioner for yourself, then log which shampoos and conditioners you use with their effects on your hair to monitor which ones work best for your hair.

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:: Takeaways & Action Steps

[illegible]

:: Beauty Secrets

Tip 1

The skin is the largest organ of the body; the skin often reflects what is going on internally in the body. Hence, if you take care of your internal body, your skin will reflect your inner health positively.

Tip 2

Water can help you lose weight, maintain stable energy levels, and cleanse the body.

Tip 3

Multivitamins can help you look great, feel great, and stay healthy.

Tip 4

Your body can last weeks without food, but only days without water.

Tip 5

Steaming your face cleans out the pores in your face.

Tip 6

When you wake up, drink a glass of water to re-hydrate your body; doing this can also be a natural energy booster.

Tip 7

The herb, rosehip, is a superb source of vitamin C.

Tip 8

Open your pores first by splashing warm water on your face. Then, finish rinsing your face with cool/cold water to close back your pores.

Tip 9

3/4 of the human body consists of water. Drink more water.

Tip 10

Milk and yogurt applied to the skin will lessen reddening.

Tip 11

Applying apple cider vinegar to the hair adds a natural shine and cleanses the scalp.

Tip 12

Drinking apple cider vinegar is a natural probiotic.

Tip 13

On average, people usually do not eat a lot of vegetables. To ensure you get enough veggies, eat them with every meal and snack, or throughout the day.

Tip 14

Most of the foods in society today do not hold all the nutrients our body needs, which is why taking a multivitamin is a useful option to ensure you get *most* of your nutrients.

Tip 15

Completing a 24 hour fast can give your digestive system a healthy break and cause healing and rest

to take place for all your internal bodily systems.
(Always take precaution when doing a fast based
on your age and current health status).

Tip 16

Try eating meatless meals throughout the week.
Eating meat is *not* necessary, and there are many
ways to get in enough protein aside from meat.
Eating vegan or vegetarian not only saves the
animals, but gives your body a break from animal
products (which inevitably gives your digestive
system and kidneys a nice healthy break).

Tip 17

Wash your pillowcases at least once per week to
ensure you are sleeping on a clean surface each
night.

Tip 18

Lemon water serves as a cleansing tonic.

Tip 19

Moisturize your body every time right after you take a shower to lock in moisture and maintain soft skin for the long haul.

Tip 20

Drink 1 cup of ginger tea after your last meal to help your meal digest more efficiently and faster. Ginger is a natural anti-inflammatory and digestive aid.

Tip 22

Living a healthy lifestyle is a sign of self-respect and high self-esteem.

:: EOC Activity

What other beauty secrets do you know? If you know them, use them if you already haven't (they may be more helpful than you may think). Also, ask someone you know what their beauty secrets are; you might be surprised by what you find out.

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:: Takeaways & Action Steps

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:: What Foods Are Healthy
for the Body?

There are a lot of different foods you can eat, but if you want to stay fit and feel good, then you must eat the *right* foods for *your* body *consistently*. If you consistently don't eat the right things, there will be negative ramifications, which will cause your body to be in an unhealthy state. Below I have listed some example meals you can eat throughout the day (not based on a vegan diet):

Tip: *In order to get the right amount of vegetables each day, eat them with each meal and snack you consume in a given day or have two servings of vegetables with each meal.*

:: Breakfast 1

1-2 boiled eggs

1-2 slices of 100% whole grain toast

1 cup of tea or coffee

:: Breakfast 2

1 cup of gluten-free oatmeal w/ cinnamon

1 handful of blueberries

1 cup of water w/lemon

:: Snack 1

1 apple

1 handful of pistachios or other types of nuts

1 cup of raw leafy greens

:: Snack 2

1 serving of air-popped white popcorn

1 cup of raw leafy greens

:: Lunch 1

1 cup of raw leafy greens

1 cup of moderately cooked fresh veggies

1 cup of beans or lentils

1/2 cup of brown rice

:: Lunch 2

1-2 pieces of salmon

1/4 cup avocado

1 small sweet potato

1 cup of leafy greens
1 cup of cooked broccoli

:: Dinner 1

1 cup of moderately cooked veggies
Veggie Ex: broccoli, purple cabbage, squash
1-2 pieces of fish or lean meat
1 small sweet potato
1 cup of ginger tea

:: Dinner 2

1 cup of raw leafy greens
1 cup of red cabbage
1 cup of beans

Tip: *None of these meals follow food combining rules. If you have food sensitivities or issues with eating certain foods together, then make the necessary modifications. The goal here is to provide you with a template of different meals.*

:: EOC Activity

Take a moment to list out your meal plan for at least one day. Choose foods that you enjoy that are also healthy, or make your favorite foods healthier by substituting ingredients and cooking/preparing them more healthily.

Breakfast

Snack 1

Lunch

Snack 2

Dinner

Snack 3

:: Notes & Thoughts

:: Takeaways & Action Steps

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:: A Brief Overview of Vitamins & Minerals

Vitamins and minerals are crucial to helping you stay healthy and functioning optimally. If you consistently don't get enough essential vitamins and minerals, then your body will be negatively affected. For example, if you don't get enough iron in your body, then you could become anemic, which is common among women. Here below are some essential vitamins and minerals:

:: Vitamin A:

This vitamin benefits your skin, vision, and immune system. Sources for vitamin A come from many different types of vegetables (especially the colorful ones).

Sources: sweet potatoes, leafy greens, and carrots

:: Vitamin B Complex:

There are so many advantages that come from vitamin B. One of the main benefits of Vitamin B

is how it helps us to have energy throughout the day.

Sources: eggs, meat, fish, legumes, vegetables, and many more

:: Vitamin C:

This vitamin helps fight the common cold and is a natural immune system booster. Vitamin C also helps absorb iron (which is an essential mineral for women).

Sources: peppers, green vegetables, tomatoes, strawberries, and all citrus fruits

:: Vitamin D:

Vitamin D is vital for everyone and especially important for females. Ensure you get your vitamin D to help keep your bones healthy and strong.

Sources: milk, different types of non-dairy nut milk, and the sun

:: Vitamin E:

This vitamin can help protect the human body from heart disease and cancer. Vitamin E is also known to be beneficial for the skin.

Sources: vegetable oils, nuts, and green leafy vegetables

:: Vitamin K:

Vitamin K is an essential vitamin that helps with blood clotting and strengthening the bones.

Sources: leafy green veggies (e.g., spinach), Brussel sprouts, and cabbage

:: Calcium:

Calcium helps keep the bones healthy; calcium also helps keep your teeth healthy.

Sources: leafy greens, dairy, and almonds

:: Iron:

Iron carries oxygen throughout the body. It also helps to prevent weakness and prevents you from feeling tired.

:: Sources: meat, legumes, and green leafy vegetables

:: Zinc:

This mineral helps with wound healing and is also an immune system booster.

:: Sources: oysters, beef, meats, and seeds

Every vitamin is different, but many vitamins work together to keep your body functioning. Finding the right multivitamin is a great way to ensure you get all the nutrients you need daily.

There are many other foods than the ones I provided that offer many of the vitamins and minerals I listed. Furthermore, there are many different vitamins and minerals that I did not list that are also important; hence, make sure you do your research to learn what nutrients, vitamins, and minerals *your* body needs most.

:: EOC Activity

Schedule a yearly physical with a reputable doctor and learn if you are deficient in any vitamins or minerals. What did you learn from your results?

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:: Increase Your Confidence & Self-Esteem

You are a unique individual, and it is important that you simply *be yourself*; this sounds easier said than done, but if you desire to live a content and fulfilling life, then this is the way to proceed.

Being yourself daily demonstrates that you are confident and comfortable in your skin, which is a beautiful experience to witness; it is also infectious and inspiring for others who struggle with confidence. When you are comfortable in your own skin, no one can bring you down, and you live a more successful life compared to others who do the opposite. If you don't have high self-esteem, it will negatively affect your life experience and the interactions you have with others. It can take time to build up your self-esteem and confidence, but with daily practice you can consistently increase both. Here are some tips to help you start developing your self-esteem and confidence today:

1. Don't slouch when you are walking or sitting down. When you slouch (unless for relaxation purposes), it projects a lack of confidence.

2. Tell yourself that you like and love yourself *every single day*.

3. Speak affirmations (e.g., see example below) to yourself daily:

- I am a likable person
- I am confident
- I am assertive
- I feel terrific
- I am happy
- I am content
- Great things are happening for me daily

4. Take care of your body both externally and internally; this shows that you value and respect yourself. *Your self-esteem and confidence*

increase when you consistently take care of yourself.

5. Lastly, project your voice; it doesn't have to be super loud, but make sure you talk with confidence.

Always remember that you are more than just your body; there is no need to get caught up with being “pretty enough” according to societal standards. According to societal norms, no one stays perfect or pretty enough throughout their entire lifetime anyways. The only standards that truly matter are the standards you set for yourself. Feel good about yourself right *now*. The better you feel about yourself right now, the better you will feel about yourself tomorrow and each day after that; furthermore, as you continue to feel good about yourself, other people will start to feel good about you as well. Lastly, the quality of your life experience is more satisfying when you live it liking and believing in yourself.

:: EOC Activity

Rate your self-esteem right now on a scale of 1-10.

If rate your self-esteem lower than 8, then start making some positive changes in your life today.

If the level of your self-esteem is between 8-9 quickly determine why it isn't a 10. Consistently tell yourself throughout the day positive affirmations. Take a moment to currently write how you feel about your whole-self now. Notice if how you feel about yourself is more positive or negative. Take necessary actions from here to improve your self-confidence and self-esteem.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

:: Takeaways & Action Steps

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

:: Final Thoughts

Your internal body (what people do not see) is just as important as your external body (what people do see). Often, people diminish the priority of taking care of their internal well-being. However, to maintain balance, good health, and contentment in your life, you must give attention to both your inner well-being (spiritual, mental, and emotional) in addition to your outer (physical) well-being. Learn how you can improve these different areas of your life each day, and you will be more successful in every area of your life:

The four areas that ultimately determine your success in life are listed below. The healthier you are in each of these four aspects, the more successful you will be in all areas of life:

1. Spiritual well-being
2. Mental well-being
3. Emotional well-being
4. Physical well-being

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:: Takeaways & Action Steps

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